



# Family Nutrition In Action

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## Sweet and Healthy Dessert

Desserts are offered often to celebrate holidays. Here are some ideas with fruit, dairy, or protein foods that will satisfy any sweet tooth!

- Applesauce (no added sugar) with a dash of cinnamon
- Banana cut lengthwise with peanut butter spread between the pieces
- Dried, unsweetened fruit and unsalted nuts
- Cottage cheese and canned peaches (in 100% juice)
- Low-fat yogurt and berries
- Frozen strawberries (thawed) blended with 1/2 cup low-fat or fat-free milk and dash of vanilla

*For more information, contact your local County Extension Office:*

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## Warm Up with Family Meals

The effort to create family meals is worth the many benefits. Families tend to have stronger bonds, talk more, and eat healthier when they eat together regularly. What better time to sit down and eat as a family than when you are stuck inside this winter? Here are some tips to make it happen so that everyone enjoys the meal. Even once a week is a great start!



### Plan Ahead

- Find a time that will work for your family to meet. Then decide how often you will eat together.
- Have each person help prepare the meal if there is not a lot of time. Quick meals can include eggs and vegetables, quick soups, sandwiches, or quesadillas.
- Do some tasks the day before. Wash and cut vegetables or make a fruit salad. Cook lean ground beef or turkey for burritos or chili. Store everything in the fridge until ready to use.
- Find easy and low-cost recipes at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

### During the Meal—Try to make it stress-free!

- Turn off the TV and play calm, quiet music.
- Agree ahead of time not to bring phones to the table during the meal.
- Offer new foods to your child but do not force your child to eat.
- Talk about fun and happy things. Involve your child in conversation.

*Source: Adapted from [choosemyplate.gov](http://choosemyplate.gov)*

## TRY IT, LIKE IT: BRUSSELS SPROUTS

Have you ever tried Brussels sprouts? Eating a variety of vegetables is important and Brussels sprouts can be one of many you might like! The cruciferous vegetable looks like a small cabbage. Brussels sprouts are good source of dietary fiber and folate and high in vitamin C.



### How to Purchase

Choose firm, bright green, fresh Brussels sprout heads. Buy on the stalk when possible. You also can find Brussels sprouts frozen at a food store. A cup of fresh Brussel sprouts costs about \$1.06 and a cup frozen costs about \$0.65.

### How to Store

Store fresh Brussels sprouts in the refrigerator in a plastic bag up to 1 week. You can blanch and then freeze them for longer storage.

### How to Prepare

Be careful to not overcook Brussels sprouts. Cut large sprouts in half. Steam, braise, or boil them for no more than 7 to 10 minutes. Add dried thyme and garlic for extra flavor.

Source: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org),  
[www.ers.usda.gov](http://www.ers.usda.gov) and [urbanext.illinois.edu](http://urbanext.illinois.edu)

## Tangy Brussels Sprouts

Servings: 4

Serving size: 1/4 recipe

Only \$0.79 per serving

### Ingredients:

- 1 pound Brussels sprouts
- 1 cup chicken broth, low-sodium
- 2 teaspoon lemon juice
- 2 teaspoon brown mustard (spicy)
- 1 teaspoon thyme (dried)
- 1 cup mushrooms (sliced)

### Steps:

1. Trim Brussels sprouts and cut in half. Steam until tender - about 6 to 10 minutes, or microwave on high for 3 to 4 minutes.
2. In a non-stick pot, bring the broth to a boil.
3. Mix in the lemon juice, mustard, and thyme. Add the mushrooms.
4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the Brussels sprouts (or other cooked vegetable).
6. Toss well to coat with the sauce.

### Nutrition Facts:

(per serving)

Calories: 70

Fat: 1g

Carbohydrates: 10g

Sodium: 85mg

Fiber: 4g

Protein: 4g

Source: *What's Cooking? USDA Mixing Bowl*

## Did you know?

Losing weight is the most common new year's resolution for Americans. This year, you and your family could try to eat enough vegetables each day.

Find out how at [choosemyplate.gov](http://choosemyplate.gov)



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*The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/*

*TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers.*